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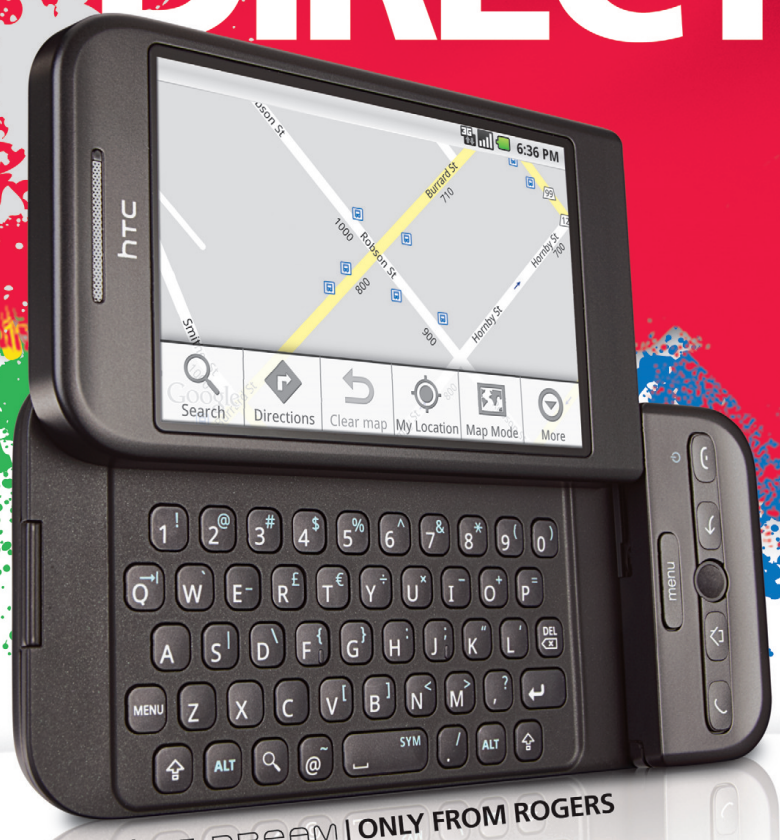

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LIBERALS PULL AHEAD IN LATEST POLL, PG 5

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Celebrity Buzz

Jackson planning cash cows
pg 18

Councillor seeks to limit donations

POLITICS By allowing union and corporate donations to municipal candidates, Bay Ward Coun. Alex Cullen said people who control those organizations can essentially contribute twice to a campaign, which unbalances elections in the city.

"The bulk of contributions go to incumbents. The bulk of contributions come from people who regularly do business with the city," said Cullen. "That influence is unhealthy for democracy."

Cullen has a motion coming to the Corporate Services and Economic Development Committee today that would prohibit union and corporate donations. However, Perry Marleau, who ran in Alta Vista Ward in 2006, has asked councillors to reject the motion because he says it would favour wealthy candidates.

TIM WIECLAWSKI/METRO OTTAWA

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada. This is also a Call to Action for you to send us your suggestions at ottawaletters@metronews.ca, metronews.ca or on Twitter @metroottawa.

On metronews.ca

- **Calling on all Ottawans — share your SunnySide thoughts on what makes Ottawa tick: People, places, events and architecture on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide**

Today

- **Feds launch $4.2M green cities plan, pg 3**

Ottawa Fringe Festival

TRACEY TONG/METRO OTTAWA

Gabrielle Lalonde, Patrice-Ann Tremblay, Katelin Richards and Bronwyn Steinberg, clockwise from top left, perform at the launch of the 13th annual Ottawa Fringe Festival yesterday. The Pirate Jenny's Circus performers are part of the biggest-ever festival, which features 57 acts in 13 venues over 10 days. Story, pg 3

Canadian on board?

Ontario man believed to be on doomed Air France flight

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A Canadian man is on the list of passengers aboard the Air France flight that is presumed to have crashed in the Atlantic Ocean yesterday with 228 people on board.

Brad Clemes, a Coca-Cola executive born in Guelph, Ont., who resides in France, was reportedly aboard Flight 447 en route to Paris from Rio de Janeiro. It hit heavy turbulence four hours after takeoff and 15 minutes later sent an automatic message reporting electrical faults. The plane then disappeared from radar screens.

"It's a tragic accident. The chances of finding survivors are tiny," French President Nicolas Sarkozy said at Paris's Charles de Gaulle airport after meeting passenger relatives.

They were led away in tears by airport staff to a private area where psychologists were ready to assist them.

The plane's 216 passengers and 12 crew members included seven children and one baby.

Etienne Kapikian, a French meteorologist, told Metro France the plane ran into trouble at the "intertropical convergence zone."

"(This zone), is a stormy area, a hundred kilometres wide, with cumulonimbus (clouds) that can reach 16 kilometres high," Kapikian said.

When a plane reaches the zone, the pilot can "either fly over it, or fly around it. He goes through it only if he has no other choice."

In this "convergence zone," a plane has to face "violent winds, lightning, hailstorm or frost."

A company spokesman said several of the plane's mechanisms had malfunctioned during the trip.

"It is probably a combination of circumstances that could have led to the crash," he said, adding that the airliner might have been hit by lightning.

Moacir Duarte, co-ordinator of engineering courses at the Federal University of Rio de Janeiro and an expert in risk analysis, told Metro Brazil it's unlikely that lightning — which is common — caused the crash.

Although no wreckage has been found, the airline offered its condolences to the families of the passengers, making clear it did not expect any rescue of those aboard.

WITH FILES FROM REUTERS

MORE COVERAGE, PG 7

Royalty aboard

- A 26-year-old Brazilian prince, a descendant of the last Emperor in Brazil, was also aboard Air France Flight 447. Pedro Luiz de Orleans e Bragança lives in Luxemburg and was in Brazil to visit his parents.

City championing the Green Bin

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Sunny Side

PROGRAM Residents can already recycle tin, plastic and paper, and this week, the city took the first step in rolling out its organics recycling program.

"This is the logical next step in diversion," said Rod Muir, a waste diversion and climate change campaigner with the Sierra Club of Canada.

"This is win-win, all with the flick of the wrist. You're holding a banana peel in your hand; all we're asking you to do is find the kitchen bin and drop it in. This is the easy part."

To help kick off Environment Week, the city launched its Green Bin Champions pilot project yesterday to give city councillors and other stakeholders first-hand experience with the program before it goes citywide in January.

The city will start distributing around 220,000 large green bins for the yard and smaller beige bins for inside the home in September. Kevin Wylie, the city's manager of Solid Waste Operations said organic waste will be collected every two weeks, while dry waste will be collected weekly during the winter. In the spring, it will be reversed, with organics being collected more.

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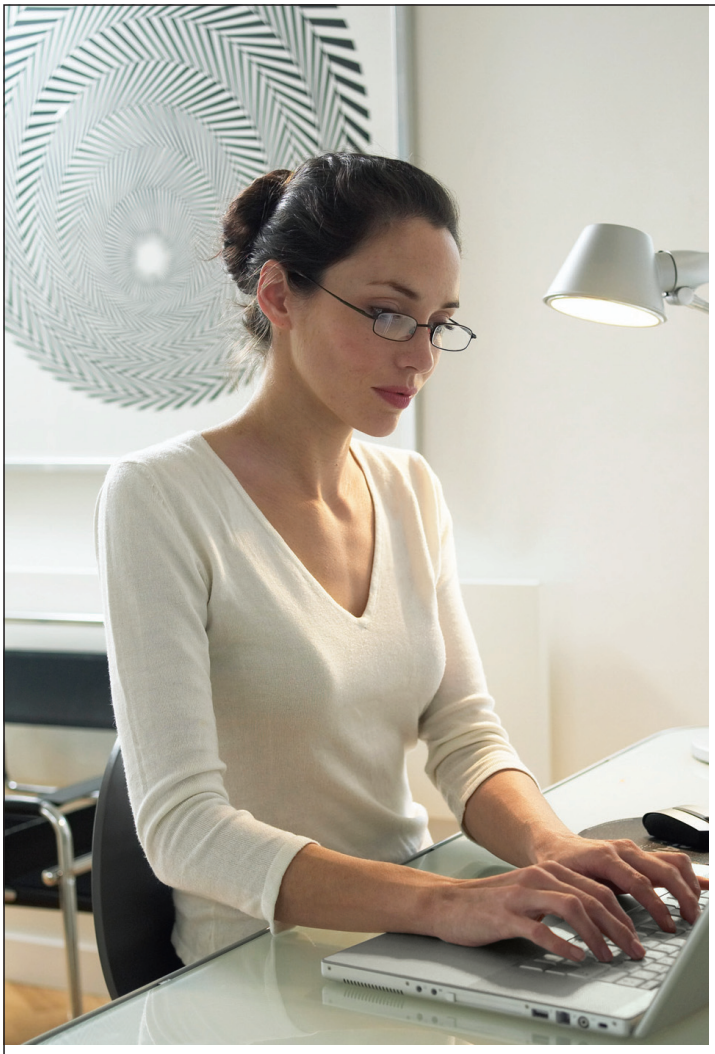

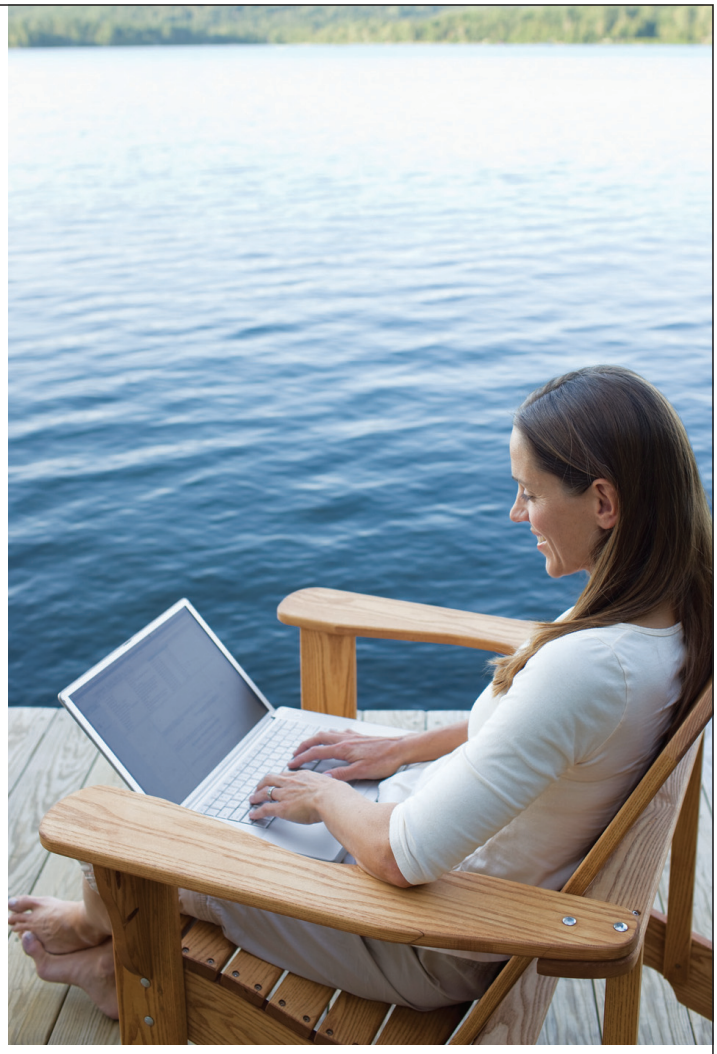

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Conference spotlights Arctic 20 years into the future
The Canadian Arctic Resources Committee, along with other organizations, is creating a comprehensive picture of the Arctic 20 years from now at the 2030 North conference, which started in Ottawa yesterday and runs through Thursday. METRO OTTAWA

Local

Experienced officers sworn in

Ottawa police welcomed 12 new road-ready direct entry police officers at a swearing-in ceremony yesterday. The 12 direct entries, all men, are police officers who come from other Canadian police services. Six of these officers are bilingual (five speak English and French; one speaks English and Creole), and one is trilingual, speaking English, French and Spanish. METRO OTTAWA

Cops seek missing sexual offender

RELEASE Police are seeking the public's assistance in locating an Ottawa male recently convicted of sexual offences against children.

The man was found guilty in March of sexual assault and sexual interference and released on conditions prior to sentencing. He subsequently breached his conditions of release and is believed to be a flight risk. Ibrahim Farhat, is 34 years old and is described as a Middle Eastern male, five feet seven inches with a heavy build, short black hair, brown eyes, a moustache and goatee. METRO OTTAWA

News in brief

WORK ACCIDENT A 28-year-old worker conducting electrical surveying work is in serious but stable condition in hospital after he tripped yesterday and fell on a steel spike he was holding. The bar penetrated the man's abdomen, but he was able to remove the bar before paramedics arrived.

CHARGES Police have charged a city man after investigating three commercial robberies that occurred on May 14 and 29. On May 14, the Wine Rack in the 200 block of Elgin Street was robbed, while on May 29, the same Wine Rack location and Mags and Fags, in the same 200 block, were targeted. Police charged a man with two counts each of robbery and assault with a weapon, four counts of uttering threats and one count of attempt robbery. Patrick Christopher Young, 46, appeared in court yesterday. METRO OTTAWA

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What's online today.

Video Canadian astronaut Bob Thirsk talks about the "surreal life" aboard the International Space Station at **metronews.ca/canada**

Your Money Allan Small explains why the loonie's rise is bad for Canada's bottom line at **metronews.ca/investing**

Lotteries

Ontario Pick 3: 508; Ontario Pick 4: 1853
Encore: 4922131
Daily Keno: 2, 3, 6, 8, 15, 18, 24, 25, 27, 30, 31, 33, 39, 44, 46, 50, 51, 61, 66, 68.
These results are not official.

Make-believe at Fringe

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This month at the Ottawa Fringe Festival, audiences hold the fates of four circus members-turned-pirates in their hands.

In their first time at the Ottawa Fringe Festival, local group the Counterpoint Players will be mounting Pirate Jenny's Circus, a tragicomic musical "about a circus that's on the down and outs," said director Bronwyn Steinberg.

Where they end up will be up to the audience at each performance, said Steinberg.

Pirates, a little girl afraid of the dark, a man who waits for a train that never stops and a tribute to comedic actor Judy Holliday are just some of the shows featured at the 13th annual festival.

Held June 18 to 28, the event features 57 acts in 13 venues over 10 days.

"There is pretty much guaranteed something that you're going to like," said Ottawa Fringe Festival executive producer Kevin Waghorn.

"Performers are interested because it gets their work out there and seen, and they get to be part of the community," he said.

"This is a great opportunity for emerging artists," said Steinberg. "It's a safe and exciting place to stretch your wings artistically."

The festival also allows performers to tap audiences who are open, creatively, said Pirate Jenny's Circus actor Gabrielle Lalonde. "And it gives us the chance to try new things."

Once again, Fringe has used a lottery system for entries, said show spokeswoman Catriona Leger. "You never know what you're going to get."

"The Ottawa-Gatineau theatre scene is alive and vibrant." Teri Rata Loretto

While over half the spaces have been reserved for local performers, the event also features national and international acts.

It's a myth that because something is local, it can't be as good as something that is far away, said local director and actor Teri Rata Loretto. "The Ottawa-Gatineau theatre scene is alive and vibrant."

While Twitter and Facebook users will be able to watch interviews with artists and previews and post reviews, out-and-about types can mingle with fellow festivalgoers and performers at the festival's courtyard. Events include a kingdom mixer, a karaoke night, the kingdom ball and the Fringe Has Got Talent talent show.

The Ottawa festival is rapidly becoming known as one of the best-run festivals of its kind in the country, said local actor Kris Joseph.

"Between Magnetic North starting this week and Fringefest right on its heels, there is a great deal of important national theatre coming."

2010 Torch relay pick

TRACEY TONG/METRO OTTAWA

Barrhaven resident John James, 32, got to hold the Olympic torch for the first time yesterday, but it won't be his last. James was selected as RBC's first Ottawa torchbearer for the Vancouver 2010 Olympic torch relay. More than 12,000 will carry the flame as it travels across the country, passing through Ottawa on Dec. 11.

Feds provide $4.2M for energy-efficient cities

Sunny Side

Canada can already design net zero-energy homes, and now the federal government is looking to take the next step towards sustainable, and energy-efficient cities.

Yesterday in Ottawa, Minister of Natural Resources Lisa Raitt and Ed Komarnicki, parliamentary secretary to the minister of Human Resources, launched the $4.2-million, three-year EQuilibrium Communities Initiative to build communities that take advantage of the most up-to-date energy-efficient building technology.

"It's important that these communities are not just clusters of energy-efficient homes. They will be efficient sustainable neighbourhoods with designs driven by water and energy efficiency, sustainable land use and clean energy transportation strategies," said Raitt, adding a request for proposals from builders and developers will be launched this month.

The proposals could be for new communities or the redevelopment of older areas.

The money would be used for research, technical analysis and design work to raise the design efficiency level higher than the current practice.

"Our money will be to hedge all the risks that the team will take looking at options," said Natural Resources Canada research and development manager Francois Dubrous.

TIM WIECLAWSKI/METRO OTTAWA

City woman wins Fulbright

A Carleton University instructor and alumna has been awarded a Fulbright scholarship to pursue postdoctoral studies at Vanderbilt University in Nashville, Tenn., this coming fall.

Born and raised in Ottawa, Christine Rivas earned her BA and MA at the University of Ottawa and graduated with a PhD from Carleton last fall.

Rivas, whose thesis was entitled Power, Race, Class and Gender in Colonial Santo Domingo: An Analysis of Spanish Dominican Marital Patterns in the Archbishopric of Santo Domingo, 1701-1801, will work on a research project at Vanderbilt.

The project will explore ethnic and class identity construction in the capital cities of Santo Domingo and Caracas in the 18th century.

TRACEY TONG/METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Sir Terence Matthews discussed his objections to a procurement process at city hall yesterday.

Mitel chief calls VoIP bid 'unfair'

COUNCIL The city's procurement process for millions of dollars worth of voice-over-Internet-protocol (VoIP) service was "unfair from the get-go," Mitel chairman Sir Terence Matthews told city councillors yesterday.

Matthews held a short session at city hall yesterday to discuss his objection to the process.

He said it was disturbing the vendors bidding for the data and voice networks were both incumbents, but the proposal treated the voice network side as if there was never any technology already in place.

The complication, he said, was that the supplier of the data network was the same supplier as the voice network and the data network was in need of massive overhauling.

Matthews said that the data supplier had an advantage to tendering bids for both voice and data network.

Mitel did not win the process, losing to a bid from Bell Canada and Cisco System. However before negotiation even started, Mitel offered $2 million worth of equipment in exchange for the service contract. A fairness commissioner ruled that the offer was out of line and it was withdrawn last week.

"Sadly, we've had to go down the legal route to resolve what we see as a completely unfair process from the get-go," said Matthews.

The city's corporate services and economic development committee will be considering a motion to postpone the bidding process for two weeks in order to consider the next step.

TIM WIECLAWSKI/METRO OTTAWA

Eat to support women

Amnesty International kicked off its 2009 Taste for Justice campaign for Ottawa last night. Through June 15, 20 local restaurants are supporting Amnesty's work to stop violence against women by donating a portion of its proceeds to the cause. METRO OTTAWA

TRACEY TONG/METRO OTTAWA

ACORN members Nadia Willard, left, and Everald Roblay speak to the city's community and protective services committee yesterday.

Working poor call for living wage

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His fridge is empty. His paycheque for two weeks of full-time work is about $595.

And Everald Roblay is not alone.

"There are a lot of people in my shoes," said the Ottawa resident, who works as a cleaner.

"You buy milk, you can't buy bread. You pay rent, you can't buy food. You're always making choices."

On top of that, Roblay pays child support.

"Living on minimum wage is a juggling act," said the Ottawa ACORN member. "Rents in Ottawa are expensive. A lot of people can't afford it, not the way minimum wage is right now."

Ottawa ACORN introduced its Living Wage Now Campaign to the members of the city's community and protective services committee yesterday.

A living wage is a level of pay that enables people working full time to earn enough to meet their basic needs to build savings.

One-fifth of Canadians earn less than $10 an hour, said ACORN member Nadia Willard. In Ottawa, a living wage is $13.25 an hour, based on a 35-hour workweek.

The increase doesn't sound like much, but "it makes a stark difference," she said.

While Toronto, Vancouver, Calgary, Waterloo and London are exploring living wage policies, Ottawa is "on pace to be the first Canadian city to champion a living wage policy," she said.

A living wage benefits everyone, Willard said.

"Studies show that low wage workers will spend money locally," she said. Employers benefit, too, from a lower turnover rate.

It's not just about the finances, said Willard. "It's also about a sense of well-being we create."

The report was referred to the city's poverty reduction strategy.

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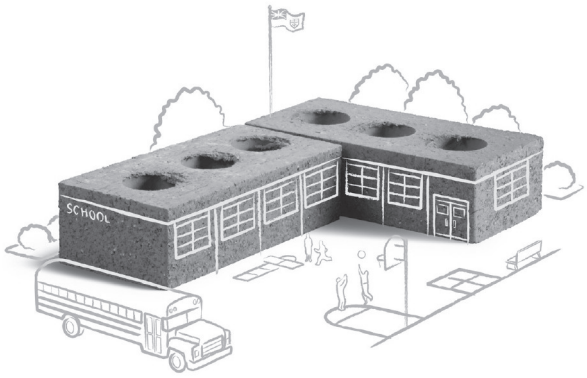

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Museum honours 250th anniversary of battle

TRACEY TONG
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A new exhibit at the Canadian War Museum offers a look into the key sites of where a famous Canadian battle was fought.

1759–2009: The Battle of the Plains of Abraham, marks the 250th anniversary of the battle with 14 images of historical landscapes in and around the city of Québec.

The 18th and 19th century representations, located throughout the museum, provide glimpses of the battlefield as seen by participants.

"The Battle of the Plains of Abraham is the single-most important event in Canadian military history," said Canadian War Museum director general Mark O'Neill. "The outcome of the encounter between the forces commanded by Louis-Joseph de Montcalm and James Wolfe shaped the destiny of Canada and Canadians."

The exhibit runs through Jan. 3.

Memorial to be held for missing girl

On Saturday, a devastated family and heartbroken town will remember Victoria (Tori) Stafford (mother Tara McDonald pictured right) at Calvary Church in Woodstock, Ont. Investigators have still not recovered the eight-year-old's body. TORSTAR NEWS SERVICE

Canada

Astronauts publish article

An international team of astronauts, including Canadian Dr. Robert Thirsk, left, who launched into space on May 27, have published an article in the Canadian Medical Association Journal. In the article, the experts say radiation and the physiological consequences of living in a microgravity environment are major challenges in space flight. TORSTAR NEWS SERVICE

Warnings, flyers at U.S. border

SECURITY Our southern neighbour fortified its border yesterday, encouraging travellers to comply with new documentation requirements and unleashing a fierce artillery barrage of smiles, warnings and flyers.

Vehicles breezed through the gates at the Buffalo Peace Bridge, where it was a quiet Monday like any other, despite large signs suggesting otherwise. "Effective June 1, 2009, only these documents are acceptable," the signs said. "Passport card, Nexus card, enhanced driver's licence, passport."

Yet when 65-year-old Sandra Cerenzia forgot her passport, the dual U.S.-Canadian citizen was kindly reminded to bring it next time, and sent on her way to visit an aunt and uncle in Buffalo.

"I'm in their naughty books," she said, smiling bashfully. "But they were nice. They were very, very nice."

"But they did say the next time you'll have to turn around," piped up her friend Carol Riddell-Elson, 68. TORSTAR NEWS SERVICE

News in brief

TRAVEL Canadians who are flying to Lebanon on free plane tickets provided by party supporters could tip the difference in a close parliamentary election in that country, CBC News Online reports. Corporate sponsors are paying for supporters of the pro-Western Future Movement to vote on June 7. METRO NEWS SERVICES

Offender list faces changes

Registries won't prevent sex offences, victims' advocate says

The federal Conservatives used a showy news conference and a dozen ministers across the country to announce proposed changes to the national sex offender registry that do not go as far as police or victims' advocates called for.

The proposed changes will...

- Require convicted sex offenders to give a DNA sample to the national databank.
- Allow police to "proactively" search the registry, say after a child has been reported missing. Currently, police are only permitted to search records after a crime has been committed.

If adopted, the changes would make the registration of sex offenders automatic upon conviction rather than leaving it up to prosecutors to request the registration, or up to judges to order it.

Flanked by victim advocates in the Commons foyer, Public Safety Minister Peter Van Loan said the changes would aid investigations, make Canadian streets safer and "prevent sex crimes."

However, Jim Stephenson, whose son Christopher became the inspiration for Ontario's "Christopher's law" that brought in a tough provincial registry, said there should be no illusions.

"Please don't confuse preventing crime with managing offenders," he said. "The sex offender registries at both the provincial level and at the federal level are not going to prevent sex offences," Stephenson told reporters. "They will control and help authorities to better manage convicted sex offenders."

TORSTAR NEWS SERVICE

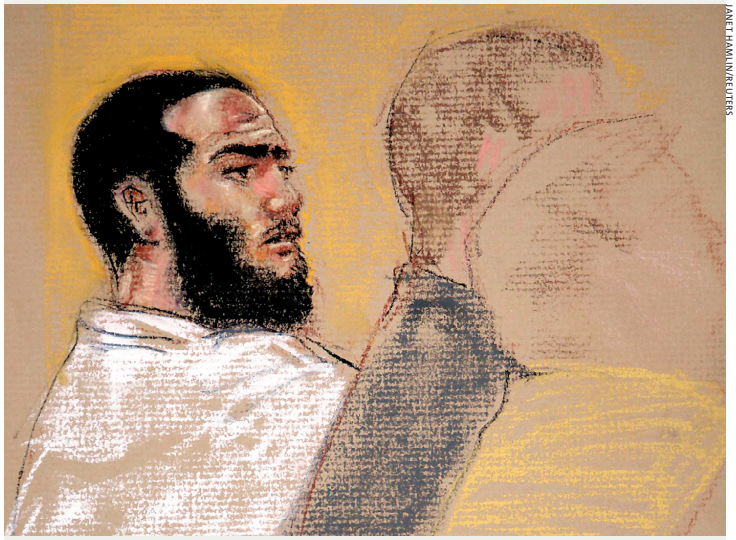
Health sciences firm calls for reactor activation

ISOTOPES Health sciences company MDS Nordion, facing a shortage of key medical isotopes, called on the federal government yesterday to reactivate the Maple nuclear reactor project to ensure a continuing supply.

The idea received a cool reaction from Ottawa, which noted the reason the Maple project had been shelved was that it had taken a large amount of tax dollars without actually starting production.

REUTERS

Guantanamo Bay **Khadr in court**



JANET HAMLIN/REUTERS

In this photo of a sketch by courtroom artist Janet Hamlin, reviewed by the U.S. military, Canadian defendant Omar Khadr, left, is pictured during a hearing inside the courthouse for the U.S. war crimes commission, at the Camp Justice compound, at Guantanamo Bay U.S. Naval Base, Cuba, yesterday. Khadr, accused of killing a U.S. soldier with a grenade during a firefight in Afghanistan seven years ago, tried in a losing bid to fire his entire Pentagon-appointed defence team, which has been beset by infighting.

Liberals pull ahead in supersized poll

POLITICS The opposition Liberals have edged ahead of the ruling Conservatives in popular support but not by enough to be sure of winning an election now, according to the largest ever poll conducted in Canada.

The results are another indication that despite recent talk of an imminent election, Canadians will not be voting any time soon. The Ekos poll, conducted over three weeks in May for the CBC, was released yesterday.

Under the first-past-the-post electoral system, a party needs to win around 36 per cent of the vote to win a minority government and about 40 per cent to stand a chance of capturing a majority.

"The overall picture these numbers paint is slightly more positive for the Liberals, who are ahead more days than they lag," said Ekos president Frank Graves.

"But the situation is clearly quite volatile, and neither party could force an election right now confident they would win, much less form a majority," he said in a statement.

The Liberals say they are ready to try to bring down the minority Conservative government on the grounds that it is not doing enough to help the unemployed.

REUTERS

By the numbers

- The Ekos survey of almost 11,000 Canadians — more than 10 times the usual polling size — put the Liberals at 33.5 per cent support and the Conservatives at 32.3 per cent.

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the Bay

Li appears before board
Vince Li, the man accused of beheading a fellow passenger on a Greyhound bus, appeared before a criminal review board yesterday. CBC.CA

Provincial deficit now projected at $18.5B

Cost of GM bailout blamed for growing shortfall

Ontario said yesterday the cost of bailing out General Motors Corp. will cause it to run a deficit of $18.5 billion in the current fiscal year, 31 per cent more than it forecast in March.

The governments of Canada and Ontario said earlier yesterday that they would provide a $10.5 billion rescue package to GM.

"We made contingencies in our budget for the anticipated investment in the auto company, but it was more than originally anticipated," Alicia Johnston, a spokeswoman for Ontario Finance Minister Dwight Duncan, told Reuters.

"So it's partly due to that reason but also due to the continuing economic and financial crisis and declining revenues."

Ontario said in March it would run a deficit of $14.1 for the 2009-10 fiscal year and not balance the budget again until 2015-16. REUTERS

Teen charged after alleged 'hit list' posted

JEFF HODSON
jeff.hodson@metronews.ca

PHOTO COURTESY OF VANCOUVER POLICE

Weapons confiscated by police from the home of a Templeton Secondary student.

A Vancouver high school student appeared in court yesterday on firearms charges after he allegedly posted a 117-name "hit list" on Facebook that included teachers and his fellow students.

The 18-year-old, who would have graduated this year, was arrested at his house Friday evening after six students from Templeton Secondary contacted Vancouver police.

Officers seized a shotgun and ammunition, a sword, a machete, shells, a knife and two collapsible batons from the house.

"This is the most serious incident of its type that the Vancouver Police Department has ever dealt with," said Insp. Scott Thompson, of the youth services section.

"Concerned students came forward and did the right thing. They called police and we were able to prevent a potential incident from taking place."

The list, he said, contained 117 names, of which 71 belonged to staff and students at Templeton. Officers are trying to identify the remaining 46 people.

Police are not naming the Grade 12 student because he may not be tried as an adult on the seven charges, which include possession of a restricted firearm.

News in brief

OLDER TASERS The Royal Canadian Mounted Police said yesterday that they are removing an older model of Taser stun guns from use after tests found many producing less electricity than they are designed to. REUTERS

Harlequin celebrates anniversary with exhibit 7

A New York exhibit, "The Heart of a Woman" Harlequin cover art, 1949 to 2009, celebrates the Canadian publisher's 60th anniversary and focuses on the shifts in female desire. REUTERS

World

Mystery surrounds missing airplane

A French medical professor visiting Brazil with his wife tried in vain to convince Air France agents to get them aboard Flight 447 — the fact that there were no seats available seems to have saved their lives.

Yesterday, as news broke of the plane's disappearance from radars and likely crash in the Atlantic Ocean with 228 on board, would-be passengers expressed their emotions.

"It was a miracle. We should have been on the plane," said Claude Jaffiol, who said he and his wife, Amina, "did everything" but failed to get on the full flight.

"We were very lucky," added Amina.

Brazilian tourist guide Vera Regina Bastos said God saved her life. She was leading an excursion of seven people that was supposed to fly to Paris on Sunday but their trip was delayed by one day.

"We had planned to fly on May 31, but we changed our mind. God saved us", said Bastos.

For those whose loved one made the flight, yesterday was a day of anxiety and grief.

Helen Pedroso said her fiancé was on his way to Germany to pick up documents for their wedding in Brazil.

Harald Maximillian Winner, 44, was supposed to take a connecting flight to Berlin after arriving in Paris. METRO WORLD NEWS

GONZALO FUENTES/REUTERS

Distraught relatives and friends of passengers of Air France flight 447 arrive at Charles de Gaulle airport in Paris yesterday.

Lightning unlikely culprit: Expert

Gabriel Attuy of Metro Brazil, where Flight 447 originated, spoke with George Sucupira, president of the International Council of Aircraft Owner and Pilot Associations for Latin America.

Q Is it possible that lightning hit the plane and caused the accident?

A In the history of civil aviation there has been only one case of an airplane being brought down by lightning. The Air France Airbus plane has state of the art technology. In a routine trip it is probably hit several times by lightning and the passengers never notice it.

Q If lightning and turbulence are not likely to have caused the accident, what are other alternatives?

A In my opinion, for some reason, the airplane disintegrated in the air. Each aircraft has a tracking device that automatically activates when there is impact. Since, in this case, the tracker was not turned on, there are only two options. The first is that the plane landed somewhere, but hasn't been able to make contact. The second, and most likely, is that there was a breach in the hull or other incident that caused the plane to depressurize and disintegrate while still in the air. METRO WORLD NEWS

Suspect held in church murder

MURDER A man suspected of killing a Kansas doctor who performed abortions was in jail yesterday while investigators sought to learn more about his background. George Tiller, 67, was shot in the foyer of a church in Wichita, police said. The suspect, identified by one agency as Scott Roeder, was taken into custody about three hours later. Tiller had been a lightning rod for abortion opponents for decades. METRO NEWS SERVICES

Kidnapped students recovered

PAKISTAN Scores of kidnapped Pakistani students and staff of a military-run college abducted by Taliban militants in the northwest of the country were recovered last night, a Pakistani military spokesman said.

"All the cadets except one have been recovered in an army operation this morning," said Pakistani military spokesman Major-General Athar Abbas.

Taliban militants in northwestern Pakistan kidnapped up to 400 students from a military-run college, with teachers and relatives, yesterday as they were travelling in mini-buses, police said.

The abduction took place while the Pakistani army pressed on with an offensive against the Taliban in the Swat valley in another part of the northwest.

Taliban fighters with hand grenades seized the students' convoy while they were heading home for the summer holiday. REUTERS

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Girls, boys equals in math study
Girls can do just as well at math as boys if given the same opportunities and encouragement, researchers said yesterday. REUTERS

U.S. sees losses, gains in Cuba embargo lift

Miami's business will gain if the U.S. unilaterally lifts its trade embargo on Cuba, but the city could face "unfair" competition from state-subsidized Cuban cigar, citrus and rum exports, its main trade body said.

This is one finding of a new report from the Greater Miami Chamber of Commerce which for the first time considers the scenario that U.S. President Barack Obama's administration may ease or end the embargo without major changes inside Cuba.

Obama has said the 47-year-old embargo will remain for the moment to press Cuba's communist leadership to free dissidents and open up political freedom. But he has offered a new relation of more contacts and talks on issues like migration.

Bills before the U.S. Congress propose lifting restrictions on travel by Americans to the island and freeing up farm trade, boosting hopes among opponents of the Cuba embargo that more curbs might be significantly relaxed before the year end.

Greater Miami Chamber of Commerce chairman Bruce Jay Colan said the business sector of Miami needed to be prepared for this new reality.

If increased bilateral trade came with little or no change in Cuba's centralized state-run system, potential threats to Miami's business could be posed by subsidized Cuban products "that compromise international labour standards, intellectual property rights, copyright laws and quality and environmental protocols," the chamber report released at the weekend said. REUTERS

Bosnia **Massacre remembered**

DAMIR SAGOLJ/REUTERS

A Bosnian Muslim woman cries during a mass funeral in the village of Memici near Zvornik yesterday. Thousands of Bosnians attended a mass funeral for Muslims killed by Serb forces at the beginning of the country's 1992-95 war, found in mass graves and identified later.

Spaniards against free abortions for teens: Poll

MADRID Most Spaniards, including those who normally vote for the ruling Socialists, are against a government proposal to let 16-year-old women have an abortion without their parents' permission, polls showed yesterday.

A total of 64 per cent of those surveyed by Metroscopia for the left-leaning newspaper El Pais said they did not agree with the Socialist government's plan, part of a wider move to legalize terminations in the first 14 weeks of pregnancy.

The surveys could make concerning reading for the Socialists ahead of European elections Sunday, for which polls already suggest the opposition conservatives have a lead.

Socialist Prime Minister Jose Luis Rodriguez Zapatero has concentrated his European campaign on his liberalizing social agenda, including abortion.

Spanish law only allows abortions in cases of rape, if a fetus is damaged or if the pregnancy could endanger the health of the mother. REUTERS

Berlusconi eyed over use of military aircraft

ROME An Italian prosecutor opened an investigation yesterday into the possible misuse of state aircraft by officials, after media reports that guests at Prime Minister Silvio Berlusconi's villa arrived on military planes.

Judicial sources said the case was opened after a complaint from the Codacons consumer association and not aimed at any specific public official. But the probe is another setback to Berlusconi as he campaigns for this weekend's European election.

The 72-year-old conservative leader is already mired in a scandal over his alleged relationship with 18-year-old Noemi Letizia, which has prompted his wife to ask for a divorce and stirred an outcry from the opposition. REUTERS

News in brief

AUSTRALIA Australian Prime Minister Kevin Rudd yesterday condem-ned a series of attacks on Indian students as calls mounted for a wider probe into the country's international student sector. Indian students say the attacks in Melbourne, which left one student with serious injuries after being stabbed with a screwdriver, are racially motivated. REUTERS

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Comment

Our newest rising star

It takes a lot to upstage the very regal Adrienne Clarkson. But Michaëlle Jean, the Governor General who has been under her shadow for four years, has finally — to Clarkson's chagrin — done so.

Jean's Rankin Inlet sealskinning and heart-eating venture is becoming the stuff of legend. With it, she has made a ringing declaration of support for the rights and traditions of our native peoples. She has told the European Union, with its opposition to the seal hunt, where to get off. And she has turned herself into a star.

Her wielding of the Inuit ulu blade took courage. Not everyone was impressed. When Clarkson, in Iqaluit on the weekend, was asked about it, she replied, "I've eaten raw food here since 1971. It's nothing new to me, OK?"

Whew! Sounds as though her successor's act cut deep. Clarkson is rightfully proud of the work she did to raise the profile of our native peoples. It was a high priority for her. Her husband, John Ralston Saul, took it a step further. He produced a remarkable book, A Fair Country, which convincingly makes the case that the Canadian identity is neither anglophone nor francophone. Rather it's our aboriginal ancestry, as he argues, which not only shaped us, but still sets us apart.

But Jean's act, the sight of her bent over, cutting and eating raw seal heart, was startlingly powerful. It will not leave the mind. Instead of sounding catty, Clarkson should welcome it. Relations have been frosty between the two women. Only recently, Clarkson took what appeared to be a veiled shot at Jean for getting her geography wrong in mixing up British Columbia's Coastal Mountains and the Rockies.

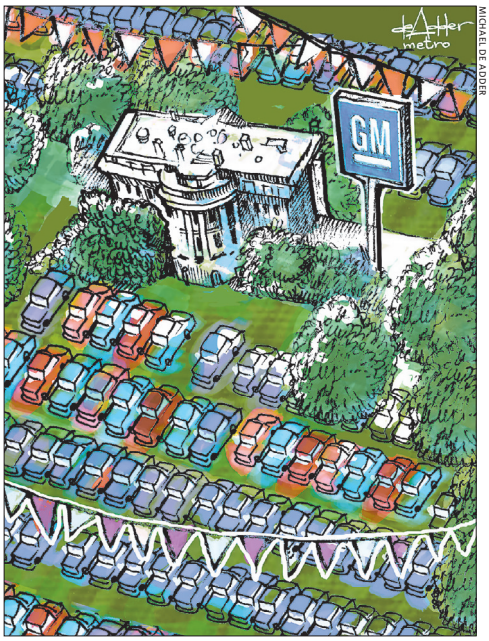
In another tut-tutting display, Clarkson said future aspirants for the GG's position should be required to undergo a Canadian knowledge quiz.

She was a rare Governor General, but the thought that Jean can shine as well should not get under her skin. What both women have demonstrated is that the GG's office is of far more than ceremonial importance.

Last December, Jean made the historic decision to save the Harper government by granting prorogation of Parliament right after it had begun a new sitting. Her ruling was defensible, but she let the country down in her refusal to explain her reasoning behind it. Democracies of the 21st century require more openness than that.

But with her iconic act at Rankin Inlet, Jean has shown her mettle. She has demonstrated that she is in a league with Adrienne Clarkson. More importantly, she has given our often forgotten native peoples an empowering image that will be remembered forever.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Why government participation doesn't work

One of the most ominous aspects of the auto industry bailouts is the renewed blossoming of government participation in the private sector. Including actions in the U.S., this means working partnerships with car companies and financial institutions.

It's a degree of government involvement in the private sector not seen since the New Deal of the 1930s.

Desperate times may call for desperate measures, but there are good reasons to question the wisdom of government becoming owners/partners in private enterprises.

In reality, we live in a mixed economy in which government commingles with private businesses in a variety of ways. But as much as possible, the market should be the preserve of private, not public, enterprise. Owners of private companies freely make choices that involve risks, the biggest being loss of capital. Governments are there to preserve and protect the integrity of the marketplace and the interests of individuals rather than take business risks.

Government intervention to prop up particular companies such as the domestic auto uses taxpayer power to disrupt the workings of the marketplace. In the normal order of things, companies rise, prosper and sometimes fail, only to be replaced by younger, more vigorous enterprises. Money and jobs are lost here, but profits and jobs are made there. Call it market Darwinism.

When government messes with this natural order it does a few things. It confers value to stock or debt that might not otherwise exist. It skews the decision-making process within companies. It favours one competitor over another, the latter being the successful player that isn't being bailed out. It also favours some individuals over the rest of us. It is not what you call fair treatment.

Bailout **Series**

(Editor's note: This is the second part of a three-part series by Charles Davies on financial bailouts.)

But mostly, as Canadian history illustrates, government participation breeds failure. Starting with the Newfoundland government's subsidization of the Come-by-Chance oil refinery in the early 1970s, the last generation provides a litany of boondoggles. Think of New Brunswick's expensive flirtation with the Bricklin, Quebec's investments in everything from asbestos to steel, and just about everything ever touched by British Columbia Resources Corp.

Federally, consider Ottawa's failed aerospace adventures with Canadair and deHavilland, the dismal investments of the late and unlamented Canada Development Corp. and high-tech washouts like Consolidated Computer. There are more where these came from. When government lays our money on the line by investing in a business like the now officially bankrupt General Motors, count on them losing it.

Thursday: What government ought to do to help business.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

NASA launches invites for Twittering media

NASA, which has tiptoed into the new world of social media with Twittering astronauts and Facebooking rovers, is taking the next step with an invitation-only outreach to "the twedia" to cover a space shuttle launch.

There are so many details to work out that the so-called TweetUp, originally planned for next week's launch of space shuttle Endeavour, has been rescheduled for the August flight of shuttle Discovery, said Michael Cabbage, a spokesman for the U.S. space agency.

Media members at the launch will be able to issue reports to Twitter users who have signed up to receive them.

NASA is still deciding whom to invite, how to accommodate Twittering media's need for high-speed Internet service and whether to restrict the TweetUp to U.S. citizens, among other issues.

100
NASA figures it can handle between 100 and 150 Twitterers and bloggers in a makeshift media site at the Kennedy Space Center in Florida.

More than 350,000 people followed updates from astronaut Michael Massimino, a.k.a. Astro_Mike, on Twitter during NASA's last shuttle mission to refurbish the Hubble Space Telescope. REUTERS

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Luxury firm Valentino sees signs of market recovery

Fashion group Valentino said it expects 2009 to be a tough year in luxury retail but has seen resilience in quality labels such as Marlboro and Hugo Boss. CEO Stefano Sassi told Corriere della Sera newspaper that the firm has seen a recovery in trade since the middle of April. **REUTERS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

TRAVEL A judge ordered Expedia Inc. to pay $184 million US to customers who claimed they were charged service fees under false pretenses, the law firm representing the customers said yesterday.

HACKING Accessing your bank account using your mobile phone might seem safe, but security experts say would-be hackers can access confidential information via a simple text message seemingly from your service provider. **REUTERS**

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Harper defends GM aid

Canada lends $9.5B to restructuring company

AUTO Canada's aid to General Motors Corp. will constitute the biggest part of a huge increase in the federal deficit this year, but failure to help GM would have been catastrophic, Prime Minister Stephen Harper said yesterday.

Canada and the Ontario provincial government are lending $9.5 billion US to GM as it reorganizes under bankruptcy protection in the United States, and taking 11.7 per cent of the common shares of the new company.

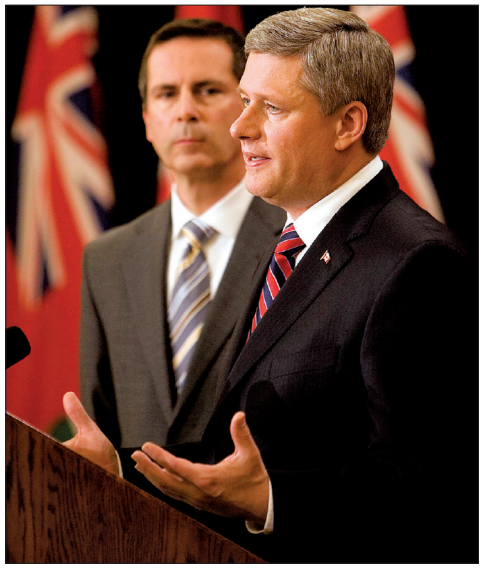
"Today's announcement is a regrettable but necessary step to protect the Canadian economy during the worst global recession in half a century," Harper told a news conference.

The federal government is taking a two-thirds share of the combined Canadian-Ontario contribution, giving it a hit of $6.33 billion.

Part of the overall total will be a federal-provincial loan of $1.3 billion, along with $400 million for which the two levels of government are receiving preferred shares.

Canadian officials said GM has agreed to maintain 19 per cent of its Canada-U.S. production in Canada in exchange for the aid.

A GM statement said the automaker would launch five new vehicles, including hybrids, at Ontario plants in Oshawa and Ingersoll, and anticipated no further plant closures in Canada. **REUTERS**



FRED THORNHILL/REUTERS

Prime Minister Stephen Harper and Ontario Premier Dalton McGuinty answer questions at a news conference in Toronto yesterday. The two outlined details of the $9.5 billion US in Canadian loans to General Motors as part of their bankruptcy filing.

PM buoyed by GDP data

ECONOMY Although Canada's latest gross domestic product figures are bad, they were better than expected and show the economy is over the worst of the crisis, Prime Minister Stephen Harper said yesterday.

Statistics Canada said the economy shrank by 5.4 per cent in the first quarter of the year. The decline was not as bad as the 6.6 per cent drop expected by analysts.

"We do anticipate that this was the worst quarter, the first quarter of this year ... The worst is behind us, we will have better quarters going forward. That's our very strong sense at this point," Harper told Toronto radio station CFRB.

Saying there was "reason for optimism," Harper cautioned there would be further job losses and said Ottawa was ready to take more steps if necessary to help the unemployed. **REUTERS**

Oil's run continues as it nears $70 US

MARKET The price of oil jumped 3.5 per cent yesterday to $68.58 US a barrel on the New York Mercantile Exchange after new data suggested China's manufacturing sector is growing stronger.

In May alone, the price of crude jumped 30 per cent, carrying with it the stock values of major Canadian oil players.

Can $70 be far away?

"We have now moved back into a $65 range," said David Wyss, chief economist at credit-rating agency Standard & Poors. "We're expecting oil to continue to come up gradually toward what we call the equilibrium price, which is probably in the $75 to $90 range."

Higher crude prices could re-energize Canada's oilsands, where most new projects had been put on hold due to high development costs and several months of sub-$50 oil prices. **TORSTAR NEWS SERVICE**

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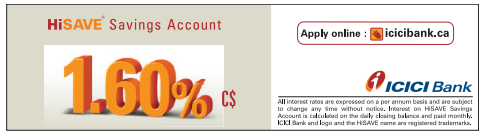
Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



Keep emotions in check

Property buyers must stay cool-headed to avoid bad decisions

AlisonOnMoney

If your heart governs your home-buying decisions, your wallet will pay the price for a long time to come.

Just a year ago, condo and single-family sales agents were crowing over multiple bids to buy and delaying presentation of offers, anticipating competitive top-ups from anxious buyers desperate to grab their piece of the real-estate pie.

Purchasers became supplicants — that in itself was incredibly annoying.

I recall one friend who was delighted to be "chosen" as the new owner of a semi-attached because, though her bid was a smidge below others, she had two Burmese and the feline-fan vendor thought the house would "miss" having kitties around.

Another buyer actually brought her two children around to be approved by the owner. Yuck!

But now, with real estate sagging back into the realm of sensible from coast to coast, you'd think buyers would be immune to purchase panic. Not so.

The memory of the powerful recent seller's market is bound to linger, especially among first-time and move-up buyers who tend to be more emotional and anxious than those simply buying because of a job transfer.

Alison's Money Rule:

- Like falling in love, emotions run rampant when purchasing property. Keep them in check or you'll be paying for years to come.

It is vital to keep emotions in check when looking for property. Even now real estate agents are telling prospective purchasers that the market won't be down for long and those who don't get in now will be shut out. Resist such pitches.

The fact is those who live in a home for years will ride out short term ups and downs.

However, if you let your emotions get in the way you could be paying the price for a long time to come in the form of a house you can't really afford, a design that doesn't fit or repairs that drive you more deeply into debt.

Friends, family and even colleagues can provide an excellent emotional reality check. Take advantage of those with experience in home ownership, renovations and financial management.

They may spot flaws in both the house and your financial plan that you are inclined to ignore.

Property love, after all, hides a multitude of sins.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small discusses the rising value of the Canadian dollar at metronews.ca/investing.

Planning to save

MoneyMatters

Q I graduated from university almost five years ago and have never been unemployed. However, I have nothing to show after all these years. Between student loans, rent, entertainment etc., there is nothing left in my bank account. Should I get a loan or a line of credit and pay off all my debts? How can I go about saving when there is nothing left at the end of the month?

— Gregory, Toronto

A The first step in a case like this is recognizing that you're not getting ahead and that you must make changes. Clearly, you've already realized that you're stuck. But if you continue with the same spending patterns, you'll be no further ahead in a year than you are today.

Your problem appears to be not having goals and a financial plan. Like business owners, individuals should have objectives and a road map to achieving them. Here's how to start:

- Write down what financial goals you'd like to accomplish in a specific time frame. Once you settle on a number, you can work backwards to figure out how to attain it.
- Have a monthly budget that itemizes your cash flow from earnings as well as all your fixed expenses. The leftover will be discretionary, and you can determine how it's spent. Health-club memberships and subscriptions to Sports Illustrated are not fixed expenses.
- Pay for things using debit, not credit cards: You don't have, you don't spend!
- Pay yourself first. Set up an RRSP and contribute to it with an automatic deduction from each pay cheque. You'll be pleasantly surprised to find that what you don't see isn't missed.
- Pay off credit card balances each month and search for cards with the lowest rates. Get rid of high-interest department and gas cards.

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Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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Bosh goes digital

Chris Bosh and Warner Music Canada announced an agreement yesterday to produce a DVD and CD with a fall 2009 release date, and also announced Bosh's application for iPhone and iPod Touch. Bosh is giving unsigned artists a chance to submit material for consideration on his CD through www.chris-bosh.com. TORSTAR NEWS SERVICE

Sports

Habs hire Martin

Jacques Martin, left, is the new head coach of the Montreal Canadiens. The Canadiens hired the 1999 NHL coach of the year yesterday and he will replace general manager Bob Gainey behind the bench. The former Senators coach had been working as GM of the Florida Panthers for the past three seasons and coached the club from from 2004 to 2008. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

'86 World Cup team headed to Hall of Fame

SOCCER The 1986 men's national team, the only side to ever qualify for the World Cup, will be inducted into the Canadian Soccer Hall of Fame Saturday, in a ceremony that also includes eight individuals.

The 1986 team, which clinched its place in Mexico with a 2-1 victory over Honduras in St. John's in 1985, went on to lose all three games and not score a goal in the tournament.

Other inductees to the Hall of Fame in Vaughan for 2009 include: Former men's national team members John Limniatis, Mike Stojanovic and Neil Ellett; one-time women's team member Joan McEachern; former FIFA referee Bob Sawtell; and Derek Wisdom, New Brunswick's "Mr. Soccer."

TORSTAR NEWS SERVICE

Sports in brief

COYOTES The NHL will soon have a much better idea of what Jim Balsillie has planned if he is allowed to move the Phoenix Coyotes to Hamilton. Balsillie was expected to file an application for relocation with the league late last night. The application would include intricate details about why he believes the NHL should consider his proposal to move the team. METRO NEWS SERVICES

French Open Wozniak's run over

CLIVE BRUNSKILL/GETTY IMAGES

Aleksandra Wozniak of Blainville, Que., hits a forehand during her fourth round match against Serena Williams yesterday at the French Open at Roland Garros in Paris, France. The 21-year-old was the first Canadian woman in 17 years to make the fourth round of the tournament, but lost 6-1, 6-2 in just 53 minutes.

Voyageurs Cup on the line tonight

SOCCER In 2011, Toronto FC and the Vancouver Whitecaps will begin meeting regularly in Major League Soccer games, an instant rivalry of the league's two Canadian teams. Consider tonight a preview.

The two sides play at picturesque Swangard Stadium with the Nutrilite Voyageurs Cup on the line.

A win or a tie by TFC and they would win the Canadian championship and set the stage for international competition in Toronto this summer, fall and, if things go well, into winter.

But a win by the hosts, the defending United Soccer Leagues First Division champions who have been given an MLS franchise to begin play the season after next, and the pressure will be on TFC to beat Montreal June 18 and then rely on tiebreakers to take the title.

"It's a game for more than pride," Bob Lenarduzzi, president of the Whitecaps and a former Canadian international, said yesterday.

"The natural rivalry between Toronto and Vancouver will look after itself when we are in MLS," he said. "But we have a head start on it because it (tonight) is a pretty significant game."

Toronto opened the annual competition beating Vancouver 1-0 at BMO Field on May 6, a game dominated by the home side.

TFC followed that up a week later with a 1-0 win over the Montreal Impact, last year's champions.

But Vancouver has climbed back into the race by beating Montreal in consecutive games — 2-0 on the road and 1-0 at Swangard last week to set up tonight's key matchup.

TORSTAR NEWS SERVICE

Abdelkader outshining stars in final

(Detroit leads series 2-0)

Detroit at Pittsburgh

This year's Stanley Cup final was billed as a perfect stage for Pittsburgh Penguins captain Sidney Crosby to act as the star performer, instead little-known Detroit winger Justin Abdelkader has leapt into the limelight.

Crosby's image has taken such a prominent place in the lead-up to the rematch of last season's finals that Red Wings coach Mike Babcock quipped recently he had to remind himself that it was Detroit who lifted the Cup in 2008.

Justin Abdelkader

Unlike Crosby, rookie Abdelkader was virtually unknown before this series began, but two goals in as many games has made the 22-year-old Detroit's top scorer and given the defending champions a healthy 2-0 lead in the best-of-seven series.

"He's obviously been very good for us," forward Dan Cleary told reporters. "He's a young player, he's going to be a great NHL player."

Pittsburgh lost last year's finals in six games and a similar result appears likely after Detroit retained home advantage with back-to-back 3-1 victories.

Only the Montreal Canadiens have managed to lift the Stanley Cup after losing the first two games on the road, beating the Chicago Blackhawks 4-3 in 1971.

Coming into the finals Crosby was on a tear, tied at 28 points with teammate Evgeni Malkin for the lead in the NHL playoff scoring race.

The 21-year-old Canadian is three shy of his 400th career point and has been tipped as a possible captain for Canada at the 2010 Winter Olympics in Vancouver.

However, after all the hype ahead of the rematch, Crosby has failed to score in the first two games, mainly due to strong defensive play from Detroit's Swedish forward Henrik Zetterberg.

For the first time in the 2009 playoffs, Crosby has been left goalless for consecutive games and has only managed two shots in the series to date.

"We've been able to capitalize on some opportunities that have been given to us," Cleary said. "And we've been able to be ... above Crosby and Malkin and try to limit them." REUTERS

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SPECIAL FOCUS ON:
Fitness

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Burn 'summer' calories

Intensify your outdoor activities and shed weight effortlessly

DENISE SURETTE
For Metro Canada

As the cold weather begins to fade in our memories, many of us become more active as outdoor activities become a little more appealing.

Strolling downtown, riding bikes and gardening are great ways to enjoy the summer months and get our daily exercise. But have you ever wondered how many calories you're actually burning while enjoying the sunshine?

The health benefits to these seemingly relaxing activities are real and help you shed weight and burn calories. By adding extra time or exertion to these activities you can burn as many calories as you would with a trip to the gym.

Fitness expert Shawna Kaminski, owner of Calgary North West Adventure Bootcamp, says that there are lots of ways to further intensify your favourite summer activities to burn even more calories and increase your strength and endurance.

"When moms are at the park with the kids, do push-ups, pull-ups or squats," says Kaminski. "If you see a park bench, do step-ups. There's more you can do than just a run."

ISTOCK PHOTO

According to caloriesperhour.com, beach games such as Frisbee can burn up to 200 calories an hour.

According to caloriesperhour.com, a website devoted to calculating calories burned per hour for almost any activity you can think of, a leisurely bike ride with your family can burn between 200 and 300 calories per hour. If you step up the intensity to a moderately tough ride, that number increases to more than 500 calories per hour.

Beach games such as Frisbee can burn up to 200 calories per hour, and an hour of golf will burn a whopping 350 calories.

Strolling downtown and popping into your favourite shops for a few hours scan burn up to 300 calories, while gardening for a half hour burns up to 150 calories.

Taking your dog for a half hour walk will burn up to 100 calories, but if you increase your speed to a light jog your canine outing could burn as many as 300 calories (the same amount of calories in a bar of dark chocolate).

Kaminski also says that an organized bootcamp in the summer months is a great way to burn calories at an intense rate and still enjoy the warm weather.

"An hour of bootcamp burns 400 to 550 calories per hour," says Kaminski.

burn more

How to burn more calories without the gym:

- Forgo the automatic car-wash. Use the clothesline instead of the dryer.
- Park a few blocks away from your intended destination.
- Take the stairs instead of the elevator.
- Go out dancing.

Saddle up for squats

EXERCISE They say you never forget how to ride a bicycle. But after a winter out of the saddle, those first few rides may be tougher than you remember.

People often take cycling for granted and think they can just pick up where they left off, says Diane Stibbard, a world-class duathlete and the author of the bike training guide Keeping Fit In The Off Season.

Four weeks of pre-bike training can do a world of good. Squats are the way to go, she says.

"Squats are a good exercise for preparing for the cycling season, as they are a 'multi-joint' exercise," Stibbard explains by email. The joints and their attached muscles — as well as the body's core muscles, which are working to stabilize the body throughout the movement — are all specifically involved in turning the pedals over on the bike."

If a basic squat is too easy, hold weights or stand on a wobbly surface, like a BOSU or a pillow. If you're hardcore, try it balancing on one leg, shoulders and hips square.

DAVID COOPER/TORSTAR NEWS SERVICE

Paola Loriggio demonstrates how to do squats.

Basic Squat

1. Stand with your feet hip-width apart.
2. With your shoulders square, your head facing forward and your back in a neutral position, slowly bend your knees to a 90-degree angle, as if sitting in a chair. Make sure your knees don't go past your feet.
3. Slowly stand up, pressing your weight through your heels.
4. Repeat 10 to 12 times.

TORSTAR NEWS SERVICE

Expert tips to keep well-hydrated

CELIA MILNE
for Metro Canada

Did you know that you can lose nutrients through sweat?

Even four per cent dehydration decreases your performance, according to Dr. Michael Clarfield, director of The Sports Medicine Specialists Clinic in Toronto.

And there's a more immediate reason to keep dydrated: "There is a direct correlation between muscle cramps and dehydration," says Dr. Clarfield. Muscle cramps are caused by depleted levels of minerals in muscle tissue.

The remedy? If you are working out intensely, you need to continuously replenish with drinks that are enriched with electrolytes, such as sports drinks. This will replace electrolytes lost through sweat.

ISTOCK PHOTO

Do a three to five minute warm-up before exercising.

Here are some other hydration tips from Dr. Clarfield:

- Don't drink too much water. Plain water dilutes electrolytes and can create a state of hyper-hydration. Drink liquid containing electrolytes as well as water.
- Remember to warm-up before exercising and to stretch after exercising to help prevent injury. A good way to warm-up consists of three to five minutes of an activity that gradually increases your heart rate. When stretching, remember to engage in gradual, steady movements for 15 to 20 seconds.
- Listen to your body. If you are having trouble breathing or feel pain, immediately stop the activity you are doing.

Condoms vs. withdrawal

Study gives the unofficial birth control method a good grade

The J Spot
Josey Vogels
metronews.ca/thejspot

A study out of the Guttmacher Institute in New York says the withdrawal method is 96 per cent effective when used perfectly.

A recent study published in the June issue of Contraception Magazine presents findings that the withdrawal method of birth control rivals the use of condoms.

Shocking, isn't it? An entire magazine devoted to contraception! But actually I was referring to the fact that they're telling us that a method that we've been told all our lives is not even officially a method of birth control is almost as good as condoms.

Condoms have a 98 per cent success rate when used properly and an 82 to 87 per cent failure rate (depending on who you talk to) when you factor in all the people who decide that the six-year-old condom in his wallet is still "fine" to use.

The study out of the Guttmacher Institute in New York said that the withdrawal method — that is, having the male partner pull out before he climaxes — is 96 per cent effective when used perfectly (however they determine that) and an 82 per cent success rate with more typical, obviously less perfect, use.

But before you lose the latex, it's important to remember that the withdrawal method doesn't provide any protection from Sexually Transmitted Infections that can be transmitted through pre-ejaculate fluid.

And given the prevailing resistance to using condoms it hardly seems responsible to give people another excuse not to roll down the rim. So what advantage is there to a study like this?

Well, the truth of the matter is, say the researchers, a lot of people are using the withdrawal method (usually as a back up or along with another form of birth control) and denying this is silly.

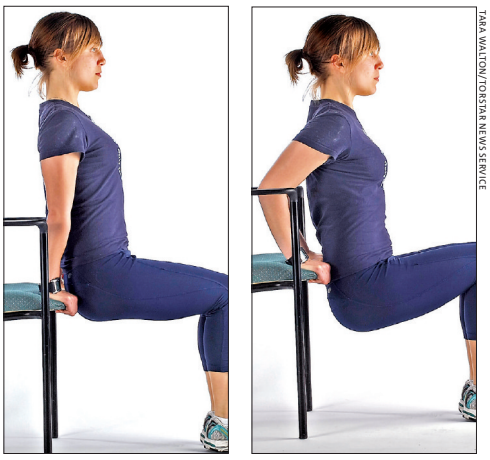
Even Dr. Carol Carozza, VP of marketing for Ansell Healthcare (the makers of LifeStyles Condoms) and a 20-year veteran on contraception, says that when you see how many people seem to be defaulting to the withdrawal method, it's clear that more research needs to be done and that users of it should be counselled properly.

People have been so stressed out into believing that withdrawal is irresponsible at worst or at best "better than nothing."

Although withdrawal may not be as effective as some contraceptive methods, it is substantially more effective than nothing, said the study. It's also convenient, requires no prior planning and it's free.

• To read the entire study, follow the link on my Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



TARA WALTON/TORSTAR NEWS SERVICE

Tricep dips are a simple move to help tighten the back of the arm.

Work on the wobbles with tricep dips

FITNESS Toning up those jiggly arms isn't just about looking good in a sleeveless dress (though it certainly helps that, too).

A strong upper body reduces your risk of injury in day-to-day activities, says Daniela Nahas, co-founder of the Best Body Bootcamp and our guide to getting in shape for the summer.

"You'll perform simple exercises much more effectively: picking up your kids, running with your dog, carrying heavy boxes, and any movements that require you to push and pull."

And if it gets you closer to Michelle Obama arms, so much the better.

Nahas recommends tricep dips, a simple move that targets the back of the arm — a weak area in women, she says, and one prone to telltale wobbles.

Tricep dips

1. Sit at the edge of a chair or bench, feet flat on the floor in front of you. Hold on to the chair/bench seat, on either side of your thighs.
2. Move your butt forward off the chair, supporting your weight with your arms, with knees bent 90 degrees.
3. Slowly bend your elbows and lower your body straight down, keeping your shoulders, back, and butt close to the chair/bench.
4. Raise yourself back up and return to sitting position. Repeat as many times as you can; this is one set – do three sets. For an additional challenge, do the move with your legs straight to the floor or with your feet on a stability board.

TORSTAR NEWS SERVICE

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TIME FOR A FILLING...WHAT TYPE SHOULD YOU GET

As much as we may try to take proper care of our teeth, most of us will likely develop a cavity at some point in our lives. Even your dentist probably has had at least one!

A cavity usually occurs when plaque has been allowed to build up on your teeth. When left untreated, the plaque can combine with other elements in the foods that you eat to become acidic in nature. The acid will cause your teeth to deteriorate until you require some form of restorative work.

If the decay has been allowed to attack your tooth for long enough, you may require a root canal and crown to restore the tooth. For many people, a filling may be all that is necessary to get the tooth back in good shape.

When you visit your dentist to receive your filling, you can expect to receive a local anesthetic or freezing to make sure you stay as comfortable as possible. When the tooth has been frozen, your dentist will clean out the area of decay, usually using a handpiece. The area will also be cleansed so that bacteria and debris is removed.

Dr. George Parry
Dental Surgeon

The question then becomes what to use to restore the tooth. Historically, amalgams have been one of the most widely used substances for fillings. Amalgams have the advantage of being relatively strong and durable. In addition, most dentists have found it easy to use.

Recently, some people have chosen to move away from amalgams and to use some form of composite material. Composites can be matched to the natural colour of a patient's teeth while amalgam has a very distinctive, silver colour that makes it less esthetically pleasing in appearance.

Perhaps more importantly, some concerns have been raised about health concerns regarding amalgams. One of metals found in amalgam is mercury. There is some debate as to whether the mercury found in amalgams is hazardous to our health.

While there is no definitive answer as to the potential health implications of amalgam, many patients choose to take a cautious approach and replace their amalgam fillings. If you have concerns about your amalgam fillings, talk to your dentist.

Most importantly, when decay has developed, have your cavity filled before your dentist is required to employ more extensive treatment to correct the problem. Because treating decayed teeth with fillings that you are most comfortable with is a healthy habit…and healthier habits lead to healthier lives.

Dr. George Parry
Dental Surgeon

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Billy Bob Thornton's daughter arrested

Billy Bob Thornton's daughter has been arrested in Florida on charges of child neglect resulting in the death of one-year-old girl she was babysitting. Friday's arrest of Amanda Brumfield, 29, was the result of an alleged incident in which the infant fell. PEOPLE.COM

Entertainment

MMVA lineup

Billy Talent, Alexisonfire and Kelly Clarkson will join previously announced acts Lady Gaga and co-hosts the Jonas Brothers as performers at this year's MuchMusic Video Awards on June 21. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Lightning-fast comedy

New sketch series Hotbox takes on many subjects

IAN JOHNSTON
for Metro Canada

Veteran sketch comic Pat Thornton shows no hesitation when asked to name his worst live show ever.

"It was a fringe tour with (comedy troupe) Todd's Lunch. We didn't get in the Winnipeg Fringe Festival, so we rented out a theatre that seats 300 people," says Thornton, the creator/writer/star of The Comedy Network's fast-paced new sketch series Hotbox.

"Someone who had seen us before and hated us wrote this one star review before we arrived. So only five people showed up for the show. Three volunteers and the people who billeted us. They were real polite but I can't imagine they had a good time."

The 13-episode Hotbox, which premieres tonight, reflects Thornton's nine years of good and bad gigs with sketch troupes like Todd's Lunch and, more recently, The Sketchersons.

However, the show's core target audience is most definitely today's YouTube generation. For Hotbox is a lightning-fast mish-mash of sketches that take on all subject matter and sport names like "Press Conference With a Bear," "Dinosaur Man," "Dinner in Space" and "Dr. Bloodfister."

If a segment lasts 20 seconds, it's a rarity. Most of Hotbox's comedy bits just end abruptly. Think of it as a live action variation on the animated series Robot Chicken ... though Hotbox does also feature some cool animation and puppets.

"For the most part, what you see on the screen is all there was on the page," says Thornton. "We really enjoyed the challenge of writing things that just start and stop quickly; redefining how something ends..."

Hotbox is also unique in its steadfast avoidance of a regular cast. There are 20 Canadian comics featured in the first season. This includes members of three comedy troupes, as well as cameos by well-established comics like Colin Mochrie, Jon Dore and Sean Cullen.

"There really isn't a regular cast. Yeah, we went back and forth with the network on that. Part of it was I simply wanted to make opportunities for comics in this town."

Thornton says making the leap from stage to the small screen wasn't difficult, though he does miss the live feedback.

"The laughs are different. You work all day on a TV set with the crew, and they don't care how funny you are."

On TV

- Hotbox airs tonight at 10 p.m. (ET) on The Comedy Network.

Veteran sketch comic Pat Thornton is the creator/writer/star of The Comedy Network's fast-paced new sketch series Hotbox.

Twilight sweeps MTV Awards, but Cohen's Bruno steals show

Vampire movie Twilight took the honours at the MTV Movie Awards Sunday, but it was an unscripted stunt involving Borat actor Sacha Baron Cohen and singer Eminem that stole the live show.

Twilight swept up five awards, including best movie, best kiss and best fight at the irreverent fan-driven event where viewers had a sneak preview of the movie's forthcoming sequel, New Moon.

Australia's Heath Ledger won the award for best villain, adding to the slew of trophies awarded to the Dark Knight actor after his death in January 2008.

But it was the outrageous Cohen, promoting his upcoming movie Bruno in which the British actor plays a gay Austrian fashionista, who brought the house down.

Sweeping high above the studio on a harness, Cohen hit an obstacle, spun down toward the audience and landed face down in the lap of Eminem, exposing his naked bottom to both the rapper and to millions of viewers watching the awards show live on television.

MTV said Eminem stormed out "in a heated rage" after the incident at the Gibson Amphitheatre near Los Angeles where the live awards show was taking place.

"This is very exciting TV," host Andy Samberg ad-libbed.

"I enjoyed his (Cohen's) precision landing," actor Ben Stiller told reporters backstage. "I did not see that coming."

The MTV awards are nominated and voted on by fans through online polls, producing a more populist selection than the Oscars or the Golden Globes. Winners get a golden popcorn statuette.

Slumdog Millionaire, which won a leading eight Oscars in February, went into Sunday's MTV Movie awards with six nominations but came away empty-handed.

Twilight won none of the mainstream movie awards earlier this year but has taken more than $382 million US at the box office worldwide and has turned its star Robert Pattinson from an unknown into an international heartthrob. REUTERS

MARIO ANZUONI/REUTERS

Actors Robert Pattinson, left, and Kristen Stewart won the best kiss award for the movie Twilight at the 2009 MTV Movie Awards.

Gone to pot
Natalie Portman will star alongside Danny McBride and James Franco in their new period stoner comedy, Your Highness, to be directed by Pineapple Express' David Gordon Green. Portman will play a warrior princess. EMPIREONLINE.COM

DVD picks

He's Just Not That Into You
Director: Ken Kwapis

JENNIFER ANISTON, Ben Affleck, Scarlett Johansson and Drew Barrymore join a crowd of love seekers and booty callers in a movie built around a catch phrase, yet which risks rom-com fatigue with a bloated 2:10 running time.

Directed by Ken Kwapis (Licence to Wed) from a screenplay by Abby Kohn and Marc Silverstein, He's Just Not That Into You is the screen adaptation of the cynical relationship rule book by Sex and the City writer Greg Behrendt and editor Liz Tuccillo.

The bestselling tome's archly instructional tone is maintained, right down to faux chapter headings, with Justin Long's bar manager character, Alex, bluntly explaining guy code to blown-off and befuddled women.

Alex's most eager pupil is Baltimore singleton Gigi (Ginnifer Goodwin), the type of woman you only see in the movies. She's gorgeous, yet every guy she dates acts as if as she's wearing man repellent.

The focus shifts abruptly through the picture, which would be irredeemably distracting in most circumstances. But the scattershot technique suits the disjointed minds of He's Just Not That Into You. Nobody really knows what they want; why should the directors or writers?

As for extras, the DVD is not that into them: just a few deleted scenes, with optional commentary by Kwapis.

Spring Breakdown
Director: Ryan Shiraki

FROM SUNDANCE premiere to straight-to-DVD bins, but you can't say you weren't warned.

This sand 'n' sex laugher sat on the shelves for two years before Sundance provided 15 seconds of fame. It's an attempt at a buddy comedy, a sort of female version of Old School.

But not even the talented trio of Amy Poehler, Rachel Dratch and Parker Posey and can save this scattershot selection of jokes that go from bad to worse.

The trio play nerdy college friends from the early 1990s who 15 years later find themselves heading to a spring break bash on South Padre Island, acting as undercover chaperones for a U.S. senator's boisterous daughter. Hilarity doesn't ensue.

Blame director Ryan Shiraki and the script he co-wrote with Dratch. The two share the mike for a totally unnecessary commentary track and there are also four deleted scenes and a gag reel.

TORSTAR NEWS SERVICE

Ciara's Fantasy Ride

BRYAN BORZYKOWSKI
for Metro Canada

If you haven't noticed, life is good for Ciara Harris. But, make no mistake, it's only going to get better.

"I have tons of plans," says the 23-year-old R&B star. "I want to do a lot more when it comes to TV and film. I'm hoping to do action and comedy movies."

The Austin, Texas-born vocalist has already taken the do-everything branding strategy — which other singers like Jennifer Lopez and Britney Spears have mastered — to heart. Ciara's just released Fantasy Ride, her third record; she's joined a renowned modelling agency; she's starred in a host of films; and she runs her own dance company.

In addition to releasing her third album (Fantasy Ride), Ciara has joined a renowned modelling agency, starred in a host of films and runs her own dance company.

Managing her ambitions seems like it would be a full-time job on its own, but Ciara says it's as simple as finding the right balance. "When you have a goal, you have to make it all work," she says. "After I'm done touring, that's when I'll do movies."

While it might sound like the soulful singer has her life worked out, she admits that accomplishing everything requires some superhero-like magic. That's one reason why she's developed an alter-ego, the comic book character Super C.

"That's my inner superhero," she explains. "It's my drive to help me overcome obstacles. For relationships to work, I have to be strong — that's the Super C in me."

The new album's artwork actually looks and feels like a comic book, but there's no Batman (her favourite character) style brawls here. "My superpower is the power to move you," she says. "My goal is to inspire people through the power of performance and the power to inspire dreams. My story didn't involve me coming from a glamourous life, so I'm here to say where you come from does not determine who you can become."

While her comic book hero self does espouse some inspirational messages on Fantasy Ride, it's also evident that Super C likes finding herself in some not so PG-13 situations.

In Love, Sex, Magic, a frenetic pop tune with Justin Timberlake, she sings: "What's your favourite trick that you wanna use on me and I'll volunteer. And I'll be flowing and going till clothing disappears, ain't nothing but shoes on me."

"I'm here to say where you come from does not determine who you can become." Ciara

She explains that she tries to write something for everyone, even for her mom, though it's unclear if Mrs. Harris approves of the more sex-drenched tunes on the record.

Still, whether her mom likes it, this album is almost guaranteed to be a hit. Besides JT, the disc features Ludacris, Missy Elliot and the now controversial Chris Brown, while the tunes are just as infectious as anything she's done before.

What's clear from the album and from Ciara's future plans is that the singer is more self-assured than ever, and that might be the only super power she needs.

"I'm getting more and more confident by the day," she says. "I have more wisdom, experience and an understanding of what's going on. And that growth has, more than anything, become a huge part of what I do."

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Gillan joins Doctor Who
Relatively unknown actress Karen Gillan has been tapped to accompany new Doctor Who Matt Smith, left, on the upcoming season of the cult TV series. The show returns to BBC in 2010. TVGUIDE.COM

Boyle treated after loss

Sensation's 'breakdown' seen as cautionary tale

Talent show contestant Susan Boyle's giddying rise from unemployed Scottish church volunteer to global superstar has come at a price, in what is being seen as a cautionary tale for the celebrity age.

On the way up, the 48-year-old's performance last month of I Dreamed a Dream on television series Britain's Got Talent was downloaded nearly 200 million times on the Internet, and within days Boyle was headline news around the world.

Camera crews camped outside the home where she lived alone with her cat; Larry King and Oprah Winfrey invited her onto their U.S. shows and tabloid newspapers tracked her every move.

But as the pressure built ahead of Saturday's final, which Boyle had been the runaway favourite to win, she was reduced to tears, threw a tantrum and threatened to pull out of the show.

On Sunday, after her shock defeat by dance troupe Diversity, the singer was admitted to a clinic in London that treats people with mental health problems, suffering from exhaustion. The Sun tabloid reported she had an "emotional breakdown."

A police spokesman confirmed that officers had been called to a London hotel "to doctors attending a woman under the mental health act."

"She was taken voluntarily by ambulance to a clinic. At the request of doctors, police accompanied the ambulance," the spokesman added.

"Being famous is not all it's cracked up to be, and the idea that you can have a personal life and a media life is often pretty conflicting," said David Moxon, a health psychologist who specializes in stress. "I don't think Boyle did that (deliberately pursued celebrity). She was pursuing a love of singing that she had and that is the sad part of this story. But it is a cautionary tale for people and it shows fame has its price."

Susan Boyle
GETTY IMAGES

Experts question whether shows like Britain's Got Talent and American Idol are unnecessarily cruel.

Judge Simon Cowell in particular is renowned for his acerbic put-downs of less accomplished acts.

One of Boyle's co-finalists, Hollie Steel, burst into tears during her faltering semifinal performance and begged to be allowed to try again. Age 10, she was deemed by many to be too young to appear on the show.

And a potential American Idol contestant, ridiculed by Cowell after her audition, apparently committed suicide in November outside the home of fellow judge Paula Abdul. REUTERS

Allen finds Kidman replacement

FILM Lucy Punch is the next Nicole Kidman — in the new Woody Allen film, that is.

The British actress wowed the writer-director with a screen test and secured the role that Kidman had taken in March and vacated weeks later because of a scheduling conflict.

The relative unknown, who starred on the CBS series The Class and had roles in Hot Fuzz and Ella Enchanted, joins Antonio Banderas, Freida Pinto, Naomi Watts, Josh Brolin and Anthony Hopkins in the untitled project. REUTERS

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Shannon in talks to join Runaways

CASTING Michael Shannon is putting another dime in the jukebox, baby.

The Oscar nominee is in negotiations for one of the lead roles in The Runaways, the feature take on Joan Jett's seminal 1970s rock band.

Kristen Stewart will play Jett, and Dakota Fanning is on board to play bandmate Cherie Curry in the River Road pic, which will revisit the brief but influential life of the all-female rock band.

The film centres on the quartet, but there are a number of key male roles representing people who were personally and professionally associated with band.

Shannon also is mulling several other offers. REUTERS

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/2/09	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101		Around the World		Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	NCIS "Cloak" (HDTV)		Mental (HDTV) (N)		Durham County		News
	-	-	5	SRC	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	The Road to Avonlea		Monk		Law & Order: SVU		(10:01) Without a Trace		Comedy Now
	196	311	7	CTV	Hollywood	etalk	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU		News (N)
	208	303	8	CBC	22 Minutes	TBA	NHL Hockey Stanley Cup Final Game 3 -- Detroit Red Wings at Pittsburgh Penguins.						National
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	I'm a Celebrity, Get Me Out.		NBC News Special		Law & Order: SVU		News (N)
	117	713	10	TVA	Qui perd gagne (SC)		La Fièvre de la danse (SC)		Nos étés (HDTV) (SC)		TVA 22 heures	Sucré-salé	Course
	-	-	11	QS	Catherine (SC)	Suite 309	Lipstick Jungle (SC)		Pushing Daisies (SC)		Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama été	Tshinanu	Le Record de vitesse sur rail		*J'embrasse pas* (1991) Manuel Blanc, Philippe Noiret.				Tournants
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Cloak" (HDTV)		The Mentalist (HDTV)		(10:01) 48 Hours Mystery		Two-Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two-Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		According-Jim	According-Jim	Hitched or Ditched (N)		Make Me a Supermodel		News (N)
	115	343	16	CFMT	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Inside Hollywood		X-Weighted		Ruby (N)	Style-Famous	News (N)
	-	361	20	ABC	News (N)	Entertainment	According-Jim	According-Jim	Earth 2100 (HDTV) (N)				News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Birthmarks"		Mental (HDTV) (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Primal Grill	Nova "Forgotten Genius" (DVS)				Independent Lens "Lioness"		
news	205	312	104	CTV	Hollywood	etalk	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU		News (N)
	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Baseball Boston Red Sox at Detroit Tigers. (HDTV) From Comerica Park in Detroit. (Live)						Sportsnet Con.	Soccer: Canadian Champ.	
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey	Interruption	Kobe: Doin' Work (HDTV)				SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Score Update	Poker Challenge		World Series of Poker: Europe		Score Tonight		Hockey Talk
family	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter	Bounty Hunter	Departures
	417	406	59	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Drag Race	Drag Race	Super Bikes!	Super Bikes!	Pimp My Ride
	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	To Be Announced		I'm a Celebrity, Get Me Out.		The Daily Fix		Entourage	I'm a Celebrity, Get Me Out.	
	615	520	31	A&E	CSI: Miami "Rio" (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV) (N)		Jesse James
	521	560	34	TLC	Say Yes-Dress	Cake Boss	Jon & Kate	Jon & Kate	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Jon & Kate
	145	761	35	TV5	Migration		Pekin express: la route des Incas				Trains-autres	J'y suis, j'y	Journal TV5
	616	521	39	SHO	The Outer Limits		Painkiller Jane "Pilot"		*The Last Templar* ★ (2009, Adventure) Mira Sorvino.				House
	620	523	40	BVO	Joe Armando Generation		Live at the Rehearsal Hall		Mario Lanza: Sing to Gods		Bravonews	McLauchlan	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	One Way Out	Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheer Moms
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	294	529	47	TBS	MLB Baseball Chicago Cubs at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Home Videos	Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood "Adrift"		Extreme Ghost Stories		Stargate SG-1
	581	566	53	MTV	Room Raiders	After	MTV News	Cribs	Canada's Next Top Model		College Life	Teen Cribs	Teen Cribs
	618	524	54	TROP	Power Play		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	522	506	55	HIS	NCIS "About Face"		Lost Worlds		Zero Hour		NCIS "About Face"		Deep Wreck
	129	773	60	CD	Biographies (HDTV)		Sous haute surveillance		C'est incroyable!		Alliance meurtrière		Images-chocs
	261	394	61	V	Murder, She Wrote		Watchtower	On the Buses	Quantum Leap		The Lost Gods	Supernatural	Poltergeist
	602	567	62	W	How Clean	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	269	350	70	APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	The Rez	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Chef at Home	French Food	100 Mile Challenge		The F Word Food and fertility.		Good Eats	Good Eats	Iron Chef Am.

critics'corner

Hot Box
Sort of a "Sesame Street" for grown-ups, this new series from Canadian comic Pat Thornton mixes puppetry, live action and animation in each episode for a wild 30-minute ride through the surreal, the silly and the surreally silly. He brings to life such odd characters as a salesman with poor people skills and a detective obsessed with "CSI." 10 PM on 46 COM

NCIS
Gibbs (Mark Harmon) and the gang are forced into playing a dangerous war game that causes a shocking revelation to come to light and causes very serious consequences for one of their group in "Cloak." 8 PM on 13 CBS 3 GTV

The Mentalist
Patrick's formidable powers of observation don't do him much good after he is blinded as the result of an explosion, forcing him to rely on his other senses during an investigation into the murder of a financial adviser in "Bloodshot." 9 PM on 13 CBS 7 CTV 104 CTV

An unusual proposal

Ryan Reynolds struggled to find the words to ask now-wife Scarlett Johansson to marry him, so he proposed by text message. "The hardest part was to compress all of that love, all of that joy into just one text message. And then it was just hitting send," he said. FEMALEFIRST.CO.UK

Celebrity Buzz

Johnny's tropical getaway

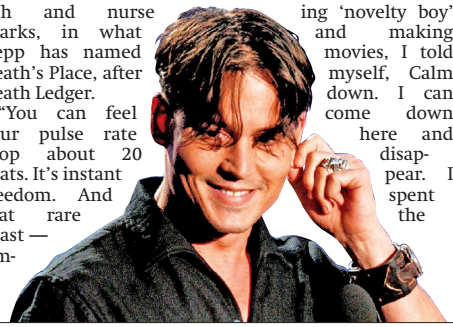
RETREAT When not making blockbusters, Johnny Depp likes to relax far from Hollywood — around his 45-acre private Bahamian island, Little Hall's Pond Cay, usmagazine.com reports.

As seen from his 156-foot yacht, the Vajoliroja, an amalgam of the names of his children, himself, and partner Vanessa Paradis, "I don't think I'd ever seen any place so pure and beautiful," Depp tells Vanity Fair.

The Pond Cay life, he says, "is my decompression. It's my way of trying to return to normalcy," he says. "Escapism is survival to me."

On the island itself, one can snorkel among barracudas, neon-coloured fish and nurse sharks, in what Depp has named Heath's Place, after Heath Ledger.

"You can feel your pulse rate drop about 20 beats. It's instant freedom. And that rare beast — simplicity — can be had. And a little morsel of anonymity," he says.



"Whenever I was getting frustrated about being 'novelty boy' and making movies, I told myself, Calm down. I can come down here and disappear. I spent the Christmas season here with Vanessa and the kids. You can feed hot dogs to the nurse sharks in the Exumas (the out islands of the Bahamas) — but it's best to not swim when doing it."

Owning one's own island also affords its special privileges, and Pond Cay allows Depp to indulge in his hobbies, which include reading, playing guitar and painting. Quoting an old adage, he admits, "Money doesn't buy you happiness. But it buys you a big enough yacht to sail right up to it." METRO NEWS SERVICES

Gaga for Jonas Bros

FANTASY Lady Gaga wants to have sex with the Jonas Brothers, femalefirst.co.uk reports.

The singer is planning to corrupt the trio — siblings Kevin, 21, Joe, 19 and 16-year-old Nick — by inviting them into her bed for a night of passion.

She said: "I love the Jonas Brothers, they're very talented. I met them once. I'd like to have a foursome with them."

However, Lady Gaga might run into problems trying to seduce the Disney band because they wear purity rings and have publicly voiced their no sex before marriage beliefs.

METRO NEWS SERVICES

Drew ditches Justin?

INDECISION Drew Barrymore has reportedly dumped Justin Long, femalefirst.co.uk reports.

The actress was seen enjoying an "intimate dinner" with Entourage star Adrian Grenier at the Cliff's Edge restaurant in Los Angeles, sparking speculation she has once again split from Long.

A source said: "Drew and Adrian looked really comfortable with each other — Justin certainly seemed like the last thing on her mind."

It was recently claimed that Drew — who first split from Justin last July after almost a year together — was planning to live with Justin as a prelude to marriage.

METRO NEWS SERVICES

Madonna queen bee to Kate

EX FACTOR Kate Hudson let the presence of her rumoured boyfriend Alex Rodriguez's rumoured ex, Madonna, spoil her fun at a polo match in NYC over the weekend.

After enjoying the first part of the match, Hudson reportedly vacated her VIP seats, which Madonna happily filled, according to the New York Daily News.

"Kate was completely intimidated by Madonna," one source says. "She clearly didn't want trouble and decided to keep a low profile for the rest of the match."

Adds another source: "I didn't even see Kate Hudson again after Madonna arrived. She ran away! But if I were dating Madonna's ex, I'd be scared, too!"

METRO WORLD NEWS

GETTY IMAGES

Jacko planning cash cows

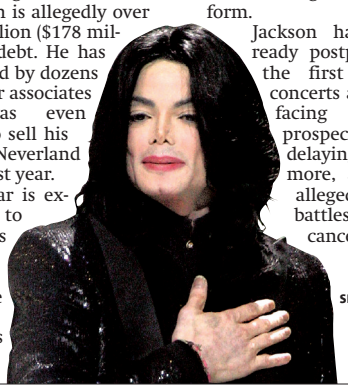
MONEY PROBLEMS Michael Jackson is opening a Thriller casino, femalefirst.co.uk reports.

The 50-year-old singer is reportedly planning to launch the zombie-themed gambling den in Las Vegas next year.

He is also believed to be working on a new album, several films and a museum to house iconic items from his career. He's also allegedly planning a three-year world tour, after his 50-date This Is It residency at London's O2 arena ends in 2010.

Sources close to the superstar claim he is interested in any business endeavour that can help revive his flagging fortune.

Jackson is allegedly over £100 million ($178 million) in debt. He has been sued by dozens of former associates and was even forced to sell his beloved Neverland Ranch last year.



The star is expected to make as much money as he owes from his residency, which is due to start next month, but he may not be fit enough to perform.

Jackson has already postponed the first four concerts and is facing the prospect of delaying more, as he allegedly battles skin cancer.

METRO NEWS SERVICES

Gain weight, director tells Lindsay

CAREER ADVICE Lindsay Lohan has been ordered to gain weight for her new movie, femalefirst.co.uk reports.

The actress — who has been looking worryingly thin since her breakup from girlfriend Samantha Ronson — was told by producers of The Other Side to pile on the pounds because her part requires her to.

A source told America's Star magazine: "Producers want Lindsay looking like a normal, healthy girl, not a skeleton. So they ordered her to rest up and eat more. They refuse to risk her dropping out of the movie because of her problems."

Lindsay landed the role in the comedy earlier this month, her first big-screen outing since 2007's flop I Know Who Killed Me.

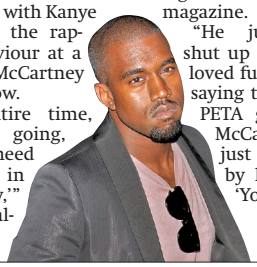
Commenting on her casting, the film's director David Michaels said: "Lindsay's very aware of people's perceptions of her. She's really committed to doing what she has to in order to change that."

METRO NEWS SERVICES

Pink peeved at 'idiot' Kanye

GONE TOO FUR Pink is none too pleased with Kanye West after the rapper's behaviour at a Stella McCartney fashion show.

"The entire time, Kanye is going, 'They need more fur in this show,'" the animal-friendly singer tells Australia's FHM magazine.



"He just wouldn't shut up about how he loved fur. I mean, he's saying this to me, the PETA guy and Paul McCartney! I was just so grossed out by him. I'm like, 'You're an idiot!'"

METRO NEWS SERVICES

Speidi ready to ditch reality TV

POT CALLING THE KETTLE BLACK? Spencer Pratt and Heidi Montag are regretting their decision to join I'm A Celebrity ... Get Me Out of Here, and have reportedly threatened to quit the reality show twice since arriving in Costa Rica last week.

The pair has even been trash-talking their fellow contestants. "I wish they got some real celebrities like K-Fed," Montag said on a call to Ryan Seacrest's radio show.

METRO WORLD NEWS

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Today Variable 18°/ 8°
Wednesday Variable 20°/ 9°
Thursday Sunny 19°/ 9°

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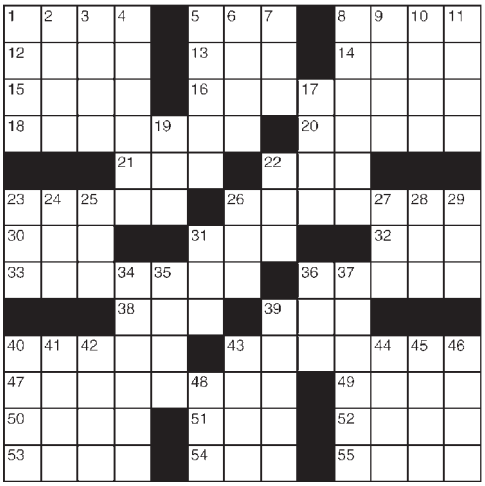
Take Five



Crossword across

1 Punch
5 Biol. or bot.
8 Pack (down)
12 Vittles ...
13 ... and what to do with them
14 Operatic show-stopper
15 Verdi work
16 Alamo casualty
18 Refuse to buy
20 Moor
21 Possesses
22 Chinese chairman
23 Enthusiast
26 Longtime TV variety star
30 Dance syllable
31 Despondent
32 A billion years
33 1890s heavyweight champ
36 Archipelago part
38 Whatever amount
39 Every crumb
40 Acid type
43 Actor Gould
47 Lots of power?
49 Expanded
50 Press
51 "CSI" evidence
52 Long lunch?
53 Antitoxins
54 Rowing need
55 — River, N.J.

Crossword down

1 Wound cover
2 Cleveland's place
3 Buffalo Bill
4 Money of Malawi
5 Religious offshoots
6 Wagon
7 Judge Lance
8 Hire
9 Vicinity
10 Catcher's need
11 Maze option
17 Burn somewhat
19 Sturdy tree
22 Pie ingredient?
23 Gov. agcy.
24 Pi follower
25 Sound receptor
26 Cudgel
27 Conger, for one
28 Pirouette pivot
29 Potent stick
31 Pigpen
34 Potassium source
35 Sufficient, old-style
36 Under the weather
37 Trivial
39 Sacrifice site
40 Parisian pals
41 Unembellished
42 "Young Frankenstein" role
43 Sicilian spouter
44 Sandwich treat
45 Four years in the White House
46 "— company, ..."
48 Commotion

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	9		6			
	9					6	3	
5	6				2	1		
1		6	5				4	
				7				
	5				4	9		7
		3	1				8	9
	1	8					7	
			7		3	2		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	6	5	9	1	4	3	7	2
1	7	9	2	8	3	4	5	6
3	2	4	5	7	6	8	9	1
9	8	7	6	2	1	5	4	3
6	5	2	3	4	9	1	8	7
4	1	3	7	5	8	2	6	9
5	3	8	1	9	7	6	2	4
2	9	1	4	6	5	7	3	8
7	4	6	8	3	2	9	1	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Cod with Spicy Puy Lentils

INGREDIENTS:

2 tbsp (25 ml) extra-virgin olive oil
1 onion, chopped
2 celery stalks, chopped
2 medium leeks, chopped
1 or 2 fresh red chili peppers, seeded and chopped
1 cup (250 ml) Puy lentils, rinsed and drained
3 cups (750 ml) vegetable stock
1 sprig fresh thyme
1 bay leaf
Fresh-squeezed juice of 1 lemon
Pinch cayenne
4 pieces skinless cod fillet or cod steaks
Salt and fresh-ground black pepper
To serve: Lemon wedges

METHOD:

1. Preheat broiler to medium-high. Heat 1 tbsp (15 mL) of olive oil in medium pot over medium heat. Add onion, celery, leeks and chili peppers; sauté 2 minutes. Stir in lentils. Add vegetable stock, thyme and bay leaf. Bring to boil, reduce heat, and simmer until lentils are tender, about 20 minutes. If lentils have not absorbed all stock, drain.

2. Meanwhile, prepare fish. Stir together remaining oil, lemon juice and cayenne. Lay cod in broiler pan, skin side up. Season with salt and pepper to taste, and brush with oil mixture. Broil until flesh flakes easily, 6 to 7 minutes. There is no need to turn fish over.

3. Divide lentils between warm plates and arrange pieces of cod on top. Serve with lemon wedges.

Per Serving
324 calories, 7.5 g total fat, 1 g

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Values planet Venus transiting your sign is by itself an omen of success, but today's Venus-Jupiter link-up promises even greater accomplishment.

TAURUS ♉
APRIL 21-MAY 21
Don't let your imagination get the better of you over the next 24 hours. It will be all too easy to believe that the images in your mind are real but they're not.

GEMINI ♊
MAY 22-JUNE 21
Take life as it comes today and don't worry too much if the people around you are more demanding than usual.

CANCER ♋
JUNE 22-JULY 22
You can be amazingly assertive but with Venus transiting the career area of your chart you will achieve more if you use persuasion.

LEO ♌
JULY 23-AUG 23
Life, the universe, everything; what's it all about? You will be asking this question, and questions like it, a lot over the next 24 hours.

VIRGO ♍
AUG 24-SEPT 22
Fears and anxieties buried deep in your mind will make an unwelcome reappearance today, but if you face up to them you will overcome them.

LIBRA ♎
SEPT 23-OCT 23
You will have to use a combination of generosity and guile today if you are going to get what it is you most desire.

SCORPIO ♏
OCT 24-NOV 22
You may for the most part be fixed in your opinions but on the work front you will be amazingly flexible.

SAGITTARIUS ♐
NOV 23-DEC 21
It might not be true to say that all things are possible for you now but enough are to make this the kind of day that stays long in the memory.

CAPRICORN ♑
DEC 22-JAN 20
The most important thing today is that you resolve any differences of opinion you might have with loved ones and relatives.

AQUARIUS ♒
JAN 21-FEB 18
You will be on the move for any number of reasons today but the most important by far will be to do with an affair of the heart.

PISCES ♓
FEB 19-MARCH 20
Your generosity will know no bounds today. You won't be content to give a little bit here and a little it there: You will give loved ones everything they desire.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Poetically, above Clinton VP Al (1)
2. Genetic double sector (1)
3. Oration about a Georgia fruit (1)
4. "Beetle Bailey" dog's slogans (2)
5. Not as intense actor Gene (2)
6. Strongly advocating joining together (2)
7. Three-wheeler's frozen water hangings (3)

ANSWERS
1. OIRE COIRE 2. CLOSE ZONE 3. PEACH SPEECH 4. OTTOS MOTTOS
5. MILDER WILDER 6. CRINGE MERGENCE 7. TRICYCLES ICICLES

6-2-09

This day in history

JUNE 2, 455: The Vandals enter Rome, and plunder the city for two weeks.
JUNE 2, 1774: The Quartering Act is enacted, allowing a governor in colonial America to house British soldiers in uninhabited houses, outhouses, barns, or other buildings if suitable quarters were not provided.
JUNE 2, 2003: Europe launches its first voyage to another planet, Mars. The European Space Agency's Mars Express probe launches from the Baikonur space centre in Kazakhstan.
JUNE 2, 2004: Ken Jennings begins his 74-game winning streak on the syndicated game show Jeopardy!

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Punta Cana via Toronto
Occidental Grand Punta Cana • 4★
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$599
Taxes & fees: $327

Cancun / Riviera Maya via Toronto
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All-Inclusive • Standard rm.
July 5 & 12 • 1 wk.
$699
Taxes & fees: $295

Liberia, Costa Rica via Toronto
Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
June 6, 13 & 20 • 1 wk.
$799
Taxes & fees: $193
Departure tax: 26 USD cash, paid locally.

Holguin via Toronto
Occidental Grand Playa Turquesa • 4★
All-Inclusive • Superior rm.
July 4 - 25 • 1 wk.
$849
Taxes & fees: $229
Departure tax: 25 CUC cash, paid locally.

Varadero via Toronto
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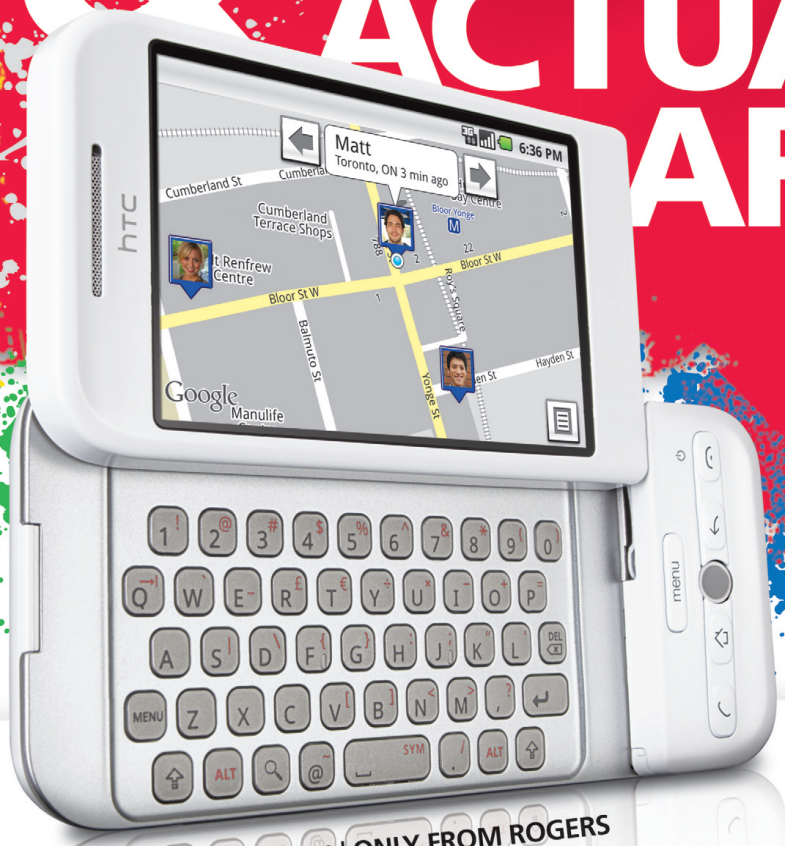

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